## Report card
### Switzerland

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# Obesity prevalence

## Adults, 2014-2015

<table>
<thead>
<tr>
<th></th>
<th>Obese (BMI &gt; 30)</th>
<th>Overweight (BMI 25-29.9)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10</td>
<td>40</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>15</td>
<td>35</td>
</tr>
</tbody>
</table>

- **Survey type:** Measured
- **Age:** 18-75
- **Sample size:** 2085
- **Area covered:** National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
### Children, 2017-2018

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>4</td>
<td>4</td>
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<tr>
<td>6</td>
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<tr>
<td>8</td>
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<tr>
<td>10</td>
<td>10</td>
<td>10</td>
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<tr>
<td>12</td>
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<td>12</td>
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<tr>
<td>14</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>16</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>18</td>
<td>18</td>
<td>18</td>
</tr>
</tbody>
</table>

#### Cutoffs:
- **CDC**

#### Survey type:
- Measured

#### Age:
- 6-12

#### Sample size:
- 2279

#### Area covered:
- National

#### References:

#### Notes:
- Based on the Centers for Disease Control and Prevention (CDC) reference values

#### Cutoffs:
- CDC
Overweight/obesity by education

Adults, 2014-2015

Survey type: Measured
Age: 18-75
Sample size: 2085
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Children, 2005-2006

Survey type: Measured
Age: 10-14
Sample size: 5207
Area covered: Canton of Vaud


Notes: Prevalence of overweight (including obesity) by Parents Education. Overweight and obesity were based on the International Obesity Task Force (IOTF) criteria.

Cutoffs: IOTF
Overweight/obesity by age

Adults, 2014-2015

Survey type: Measured
Sample size: 2085
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
Overweight/obesity by region

Adults, 2014-2015

Survey type: Measured
Age: 18-75
Sample size: 2085
Area covered: National


Unless otherwise noted, overweight refers to a BMI between 25 kg/m² and 29.9 kg/m², obesity refers to a BMI greater than 30 kg/m².
Children, 2005-2006

Survey type: Measured
Age: 10-14
Sample size: 5207
Area covered: Canton of Vaud


Notes: Overweight and obesity were based on the International Obesity Task Force (IOTF) criteria.

Cutoffs: IOTF
Overweight/obesity by socio-economic group

Children, 2011-2012

Survey type: Measured
Age: 5-14
Sample size: 8544
Area covered: Canton of Geneva
Notes: Prevalence of overweight and obesity by socio-professional categories of the child's Father. To identify overweight and obesity, the definition issued by the International Obesity Task Force (IOTF) was used.

Cutoffs: IOTF
Insufficient physical activity

Adults, 2016

References:
Men, 2016

Women, 2016

Children, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Boys, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Girls, 2010

Age: 11-17


Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)
Prevalence of at least daily carbonated soft drink consumption

Children, 2010-2014

Survey type: Measured


Notes: 15-year-old adolescents

Definitions: Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)
Estimated per-capita fruit intake

Adults, 2017

Survey type: Measured

Age: 25+

References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]

Definitions: Estimated per-capita fruit intake (g/day)
Prevalence of less-than-daily fruit consumption

Children, 2010-2014

Survey type: Measured


Definitions: Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)
Prevalence of less-than-daily vegetable consumption

Children, 2010-2014

Survey type: Measured
Age: 12-17

https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard
http://www.foodsystemsdashboard.org/food-system

Definitions: Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)
Estimated per-capita processed meat intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita processed meat intake (g per day)
Estimated per-capita whole grains intake

Adults, 2017

Survey type: Measured
Age: 25+
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation [http://ghdx.healthdata.org/]
Definitions: Estimated per-capita whole grains intake (g/day)
Mental health - depression disorders

Adults, 2015


Definitions: % of population with depression disorders
Mental health - anxiety disorders

Adults, 2015


Definitions: % of population with anxiety disorders
Oesophageal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, oesophagus, adults ages 20+. ASR (World) per 100,000
Breast cancer

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, breast, females, ages 20+. ASR (World) per 100,000
Colorectal cancer

Men, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, colorectum, adults, ages 20+. ASR (World) per 100,000
Pancreatic cancer

Men, 2018

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, pancreas, adults, ages 20+. ASR (World) per 100,000
Gallbladder cancer

Men, 2018


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Incidence per 100,000

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, gallbladder, adults, ages 20+. ASR (World) per 100,000
Kidney cancer

Men, 2018

Age: 20+

References: Global Cancer Observatory, Cancer incidence rates [http://gco.iarc.fr/] (last accessed 30th June 2020)

Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, kidney, adults, ages 20+. ASR (World) per 100,000
Cancer of the uterus

Women, 2018

Age: 20+


Definitions: Estimated age-standardized incidence rates (World) in 2018, cervix uteri, females, ages 20+. ASR (World) per 100,000
Raised blood pressure

Adults, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
References: Global Health Observatory data repository, World Health Organisation, 
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Women, 2015

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:
Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).
Raised cholesterol

Adults, 2008

![Graph showing raised cholesterol levels in various countries.](image)

References: Global Health Observatory data repository, World Health Organisation, [http://apps.who.int/gho/data/node.main.A885](http://apps.who.int/gho/data/node.main.A885)

Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Men, 2008


Definitions: % Raised total cholesterol (≥ 5.0 mmol/L) (age-standardized estimate).
Women, 2008


Definitions: % Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).
Raised fasting blood glucose

Men, 2014


Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).
Women, 2014

References:
Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:
Age Standardised % raised fasting blood glucose (≥ 7.0 mmol/L or on medication).
<table>
<thead>
<tr>
<th>Country</th>
<th>Diabetes Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>12%</td>
</tr>
<tr>
<td>Moldova</td>
<td>11%</td>
</tr>
<tr>
<td>Armenia</td>
<td>10%</td>
</tr>
<tr>
<td>Azerbaijan</td>
<td>9%</td>
</tr>
<tr>
<td>Georgia</td>
<td>8%</td>
</tr>
<tr>
<td>Kyrgyzstan</td>
<td>7%</td>
</tr>
<tr>
<td>Tajikistan</td>
<td>7%</td>
</tr>
<tr>
<td>Turkmenistan</td>
<td>6%</td>
</tr>
<tr>
<td>Ukraine</td>
<td>6%</td>
</tr>
<tr>
<td>Spain</td>
<td>5%</td>
</tr>
<tr>
<td>Ukraine</td>
<td>5%</td>
</tr>
<tr>
<td>Germany</td>
<td>5%</td>
</tr>
<tr>
<td>Austria</td>
<td>4%</td>
</tr>
<tr>
<td>San Marino</td>
<td>4%</td>
</tr>
<tr>
<td>Andorra</td>
<td>4%</td>
</tr>
<tr>
<td>Germany</td>
<td>4%</td>
</tr>
<tr>
<td>Malta</td>
<td>4%</td>
</tr>
<tr>
<td>Cyprus</td>
<td>4%</td>
</tr>
<tr>
<td>Romania</td>
<td>4%</td>
</tr>
<tr>
<td>Portugal</td>
<td>4%</td>
</tr>
<tr>
<td>Albania</td>
<td>4%</td>
</tr>
<tr>
<td>Bosnia &amp; Herzegovina</td>
<td>4%</td>
</tr>
<tr>
<td>Montenegro</td>
<td>4%</td>
</tr>
<tr>
<td>Switzerland</td>
<td>4%</td>
</tr>
<tr>
<td>San Marino</td>
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<tr>
<td>Andorra</td>
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<td>Germany</td>
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<tr>
<td>Cyprus</td>
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<tr>
<td>Romania</td>
<td>4%</td>
</tr>
<tr>
<td>Portugal</td>
<td>4%</td>
</tr>
<tr>
<td>Albania</td>
<td>4%</td>
</tr>
</tbody>
</table>


Definitions: Diabetes age-adjusted comparative prevalence (%).